

Pico De Gallo - USDA Recipe G150

Meal Components: Vegetable - Red / Orange, Vegetable - Other

G15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh tomatoes, chopped	2 lb 8 oz	1 qt 1 1/3 cups	5 lb	2 qt 2 2/3 cups	<div>1. Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.</div> <div>2. Critical Control Point: Cool to 40 °F or lower within 4 hours.</div> <div>3. Critical Control Point: Hold at 40 °F or below.</div> <div>4. Serve in small 2 oz souffle cups.</div> <div>5. Portion with No. 16 scoop (1/4 cup).</div>
*Fresh red onions, diced 1/4"	12 oz	2 1/3 cups	1 lb 8 oz	1 qt 2/3 cups	
*Fresh jalapeno peppers, seeded, diced 1/4"	3 oz	1/2 cup	6 oz	1 cup	
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups	
*Fresh green onions, finely chopped	2 oz	1/3 cup	4 oz	2/3 cup	
Salt		1/3 tsp		2/3 tsp	
Ground black pepper		1/3 tsp		2/3 tsp	
Garlic powder		1 Tbsp		2 Tbsp	

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/8 cup other vegetable.

CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/4 vegetable serving.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Jalapenos	4 oz	8 oz
Green onions	3 oz	6 oz
Tomatoes	2 lb 14 oz	5 lb 12 oz

Serving	Yield	Volume
See Notes	25 Servings: about 3 lb 9 oz 50 Servings: about 7 lb 2 oz	25 Servings: about 1 quart 3 cups / 25 small souffle cups (2 oz) 50 Servings: about 3 quarts 2 1/4 cups / 50 small souffle cups (2 oz)

Nutrients Per Serving					
Calories	16	Saturated Fat		Iron	
Protein	1 g	Cholesterol		Calcium	11 mg
Carbohydrate	4 g	Vitamin A	502 IU	Sodium	35 mg
Total Fat		Vitamin C	12 mg	Dietary Fiber	1 g